

# Protect Yourself From Diabetic Eye Disease

African Americans are at higher risk for developing diabetes and related complications like diabetic eye disease. If you have diabetes, get a comprehensive dilated eye exam at least once a year and keep your health on **TRACK**:

- ✓ **T**ake your medication.
- ✓ **R**each and maintain a healthy weight.
- ✓ **A**dd physical activity daily.
- ✓ **C**ontrol blood pressure and cholesterol.
- ✓ **K**ick the smoking habit.

*Write*  
the **Vision**  
Make your plan to protect your sight.

Visit [www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)

